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Friday, August 29, 2014

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WHAT IS GOING ON @ USD



AS THE SCHOOL YEAR PROGRESSES, MANY IMPORTANT EVENTS HAPPEN ON AND OFF CAMPUS. AS A STUDENT AT UNIVERSITY OF SAN DIEGO, THERE IS A WAY TO TAKE CONTROL OF THE INFORMATION FLOW IN ORDER TO BE ON TOP OF THE LATEST EVENTS. MOST CAMPUS NEWS AND EVENTS ARE POSTED TO DIFFERENT ORGANIZATIONS' TWITTER ACCOUNTS.

Here is a list of some of the top Twitter handles to follow at USD:

@USDVista

The official account of USD's school newspaper, The Vista. Follow for important updates regarding developing stories, sporting events, things happening in our community and any other breaking news story that immediately affects our campus.

@usd_AS

Associated Students' official Twitter account. Associated Students (AS) officially represents undergrads, and helps fight for funding for student-driven initiatives. Follow AS to learn about issues affecting undergraduates and for events around campus.

@uofsandiego

Official account of USD. Follow or all things USD-related, including important news and events, as well as information on what students and alumni are doing in San Diego.

@USDToreros

The official account of University of San Diego's Athletics Department. Follow for updates on sports events, game highlights and honored athletes. Also find the Twitter accounts of your favorite USD sports teams on the Athletic Department's page.

@torerolife

Official account of Student Affairs at USD. Follow for tweets regarding life on campus, events and pictures of life as a Torero.



@EatAtUSD

Dining Services' official account. Follow to get updates on everything food-related at USD, including events such as Apple Fest, special dinners at La Gran Terraza and updates on any changes in dining hours.

BY FOLLOWING THESE ACCOUNTS NEW STUDENTS CAN KEEP TRACK OF ALL THE EVENTS GOING ON AT USD. OF COURSE, THERE ARE MORE USD TWITTER ACCOUNTS THAN THE ONES LISTED HERE. LUCKILY, MOST USD ACCOUNTS FOLLOW EACH OTHER ON TWITTER. ADD ANY ONE OF THESE ACCOUNTS TO YOUR TWITTER FEED AND FIND OTHERS BY SEARCHING THEIR PAGE.



Manifest our destiny



By Gwyneth Shoecraft
NEWS EDITOR
@gshoecraft

Eight years ago, I found myself huddled next to a space heater in my small Boston apartment cursing the gray skies and constant snow. I knew I needed a drastic change in scenery. So I took out a map, traced my finger as far west as I could and found San Diego tucked into the corner of the continental United States.

I had never visited California and knew no one on the West Coast. Still, I suddenly felt homesick for a place I had never been: a place surrounded by warm beaches and crashing waves. I quickly made the decision that so many others had made and moved west.

I packed up my car and headed out on my great adventure. On the long drive across America, my friends and I made frantic phone calls in hopes of finding an apartment close to the ocean. I finally found one I could afford within a few blocks of the beach. Eight years later, I still live near that first apartment in Pacific Beach, tucked between Mission Bay and the coast.

My story is not unique. People have been moving west to California for centuries, and many more have followed after me. Yet I feel uniquely proud in my decision to take a big chance, throw caution to the wind and change my destiny.

I have always had a certain affinity for the term “manifest destiny,” coined by western settlers who believed it was their fate to explore and expand throughout the continent. Since my big move west, I have especially embraced this idea that we are not necessarily meant to end up where we started, and that I was destined to create my own path pointing westward toward San Diego. The two words together also hold a powerful message beyond relocating yourself: they speak of our ability to realize our own futures.

New students coming to USD this fall are beginning to forge their own paths. Some are San Diego natives, while others have traveled a great distance to get here to our campus on the hill. Some freshmen may have arrived here, as I did, because the lure of beaches and bright sunshine was simply too appealing to ignore. Others had their eyes set on the academics at USD, and simply lucked out with our scenery.

Whatever brought students here this semester, I urge them to think about the idea of manifest destiny. Even if your trajectory wasn’t westward, or you were born and raised in San Diego, you are still creating your own destiny by beginning a new year at USD.

New beginnings are a perfect chance to demonstrate our own fates to ourselves by using each new day and every new challenge as step toward our future selves. New semesters, whether they are our first or our last, have the power to remind us that we are in control of our fate, and we can, indeed, manifest our own unique destiny.

USD earns accolades for green initiatives and campus dining

This summer, University of San Diego received attention in the news for going green and having great food

By Gwyneth Shoecraft
NEWS EDITOR
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As freshmen anticipate their arrival on campus, it is common to do some background research on your new home for the next four years. Google “USD” and students will find we often make headlines, placing high on college rankings lists. USD is one of U.S. News and World Report’s top 100 schools in the nation for academics, and also earns praise from the prestigious Princeton Review and Forbes’ America’s Top Colleges List. Beyond its academic accolades, USD got extra headline attention this summer when it was named one of the coolest schools and best campuses for food.

We dove into the headlines to uncover what we are doing right, and how we can move even higher up the lists.

Sierra Club Magazine
Ranks USD as the No. 14
Coolest School

Our coolness factor just went up a few points. Make that 65 points. In Sierra Magazine’s 2013 rankings of schools for sustainability and environment-friendly practices, USD ranked No. 79. This year, we jumped all the way up to No. 14 of 173 schools that are making strides towards a greener tomorrow. The magazine ranked colleges and universities on numerous criteria including energy use, innovation, food and waste. USD got high marks in all categories. USD’s Be Blue Go Green campuswide sustainability efforts also received praise for teaching students how to reduce waste and recycle.

USD President Mary Lyons said she is proud to see how the campus has embodied sustainability acts.

“Toreros everywhere can take pride in our efforts to cut water use, reduce energy costs, recycle electronic waste and plan wisely to conserve resources for generations to come,” Lyons said. “Our commitment to sustainability is also a manifestation of our Catholic values to protect God’s creation and I am very pleased

at how it has become embedded into the fabric of our campus in just a few short years.”

USD received big points from the Sierra Club for its electronic recycling program, which has kept over 500,000 pounds of e-waste out of landfills. The magazine also noted USD’s conventional recycling program, awarding USD points for having recycling canisters next to wastebaskets and trashcans around campus.

Senior Fiorella Morales said she even sees faculty getting excited over recycling.

“I have spoken with some of the maintenance people on campus and they have recycling wars between departments,” Morales said. “The department that recycles the most items gets some kind of prize. I think it’s cool because it’s between faculty, so the faculty gets really into it and it’s really funny to watch them be excited about recycling.”

Despite the faculty participation, Morales said that students could be more involved in USD’s sustainability initiatives. “I do notice all the sustainability signs [around campus],” Morales said. “But it could be more publicized than it is.”

Additional points were awarded to USD for the school’s recently installed solar panels on the roofs of 10 campus buildings, as well as the 28 electric car charging stations located in the main parking structure and around campus. Sierra Club also applauded the numerous bike racks around campus, which make it easy to cycle to class.

Dining Services’ zero-waste initiative was also commended in the magazine’s rankings. USD is the first school in the nation to install a bio-digester, a machine that takes food waste and turns it into water. The machine is used at Student Pavilion Dining (SLP), where students are encouraged to avoid scraping their plates so that the bio-digester can grab their food scraps and turn them into water.

Loryn M. Johnson, USD’s director of marketing and auxiliary services, said that Dining Services is doing their part to keep the university

environmentally friendly.

“Dining Services is part of the university-wide committee to address the need for additional recycling options on campus and a ‘zero waste’ goal,” Johnson said.

There are even bigger developments coming this semester in the quest to keep waste out of landfills.

“La Paloma will be a zero-waste dining location this fall,” Johnson said.

even later, and is parked outside of the Vistas from 9 p.m. until 1:30 a.m., Thursday through Saturday. Other campus eateries, like La Paloma, Tu Mercado and Pavilion Dining are also offering extended hours this fall.

The availability of healthy food options and late-night campus eating are not the only things The Daily Meal noted in their ranking of USD. The website also noted the variety of options on campus.



Kevin Nelson/The Vista

Students shop at Tu Mercado’s produce section.

USD Ranks No. 30 of the
75 Best Colleges for Food in
America by The Daily Meal

The Daily Meal, a website that operates as a hub for “all things food and drink,” considered 2,000 of America’s college dining services. They studied factors such as nutrition and sustainability, the accessibility of good food to students, culinary education and events and off-campus dining choices. The Daily Meal also considered what they call an “X Factor”: that little something extra that puts colleges at the top of their culinary game.

USD received praise in all considered categories. The Daily Meal was impressed by the selection and accessibility of great food at Tu Mercado, the mini-grocery store and deli located in the Student Life Pavilion. The rankings also noted that USD’s Torero Tu Go food truck helps students grab a meal on the go, and is open late for a midnight snack. This semester, the food truck is open

Incoming freshmen Cameron Cotton and Kendyl Fleury have already experienced some of USD’s award-winning food.

“It’s really good,” Fleury said. “And there are a lot of options, which I think is cool. You could have something different everyday.”

The website also gave us high marks for dining events like the annual Apple Festival, slated for Oct. 14 this year. According to Dining Services, there are even more fun events to expect this fall, including a Harvest Food Fair on Sept. 18 and a Farmer’s Day on Oct. 9 at the community garden behind Mission Crossroads.

Beyond its high rankings for academics, USD is being noticed for other accomplishments, including its sustainability efforts and the quality of its cuisine. With additional improvements slated for this year, it is likely that USD will continue to earn accolades, and may even move farther up in next year’s rankings.

Dates & Deadlines to Remember

Calling all freshmen and new students at USD! Here is an overview of important dates and deadlines to remember for the upcoming Fall 2014 semester.

SEPTEMBER		OCTOBER		NOVEMBER		DECEMBER	
Aug. 30- Sept. 2	Olé Weekend (New Student Orientation)	Oct. 1-30	Online class reservation for Intercession 2015	Nov. 1	Comp. Exams: Logic; Lower & Upper-Division English Priority deadline for Intercession 2015 financial aid	Dec. 12	Last day of classes
Sept. 3	Classes begin	Oct. 1	Financial aid applications for Intercession 2015 available	Nov. 3	Registration begins for Intercession 2015 Class registration begins for Spring 2015	Dec. 13-14	Study days
Sept. 12	Last day to enroll in classes or to drop without a “W”	Oct. 24	Fall Holiday	Nov. 6	Deadline to select pass/fail	Dec. 15-19	Final exams
				Nov. 8	Comp. Exam: Math		
				Nov. 14	Payment due for Intercession		
				Nov. 26-28	Thanksgiving Holiday		

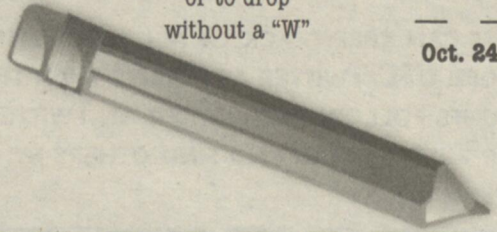


Photo courtesy of Iconshock/Wikimedia Commons.
Ivy Guild/The Vista

What I read and why

By Christopher Reyes
BUSINESS EDITOR
@cd_rey

Staying current on the ever-changing world of business is daunting but necessary. The more you know about and can talk about, the better. The business environment changes fast and having a constant inflow of new ideas and concepts makes you a more valuable individual.

My news used to come exclusively from Jon Stewart and Stephen Colbert. As a senior who is soon to enter the job market, I see the news differently. It is a way to impress employers and stand out amongst countless other students looking for jobs. Being informed on the latest news headlines makes you a smarter, more competent professional. Being able to hold an intelligent conversation with a portfolio manager you meet in an elevator about an acquisition a San Diego company is making and the potential effects on that company's stock price will impress him. Maybe the next time he is hiring he will remember that conversation and give you a call. In business, networking is key. And that means being informed is key.

But with so much going on how can a busy student stay up-to-date? There is no way to read everything, so do what you can. Everyone has time here and there that can be used to read. When I sit down to eat breakfast I click through my favorite online publications and find articles that might be interesting. Do the same next time you have some time between classes or are hanging out at Aroma's. Here are some of my favorite publications that I read regularly.

Business Insider is one of my favorites because it is incredibly well updated. News is added throughout the day and is always relevant, rather than just bland articles on market movements. I can always find something to read on Business Insider and because articles are concise, there is always time to read. It also feels more modern than other business publications, making it easier to read.

Barron's is a weekly publication that covers U.S. financial news. The content on Barron's is remarkably well researched. Each week's issue gives its readers an overview of last week's activity. Because of this, articles seem finished and offer more insightful conclusions. I like it because the weekly format helps me from feeling overwhelmed by too many stories.

Fast Company is a very modern, progressive publication that focuses on innovation in business. Its goal is to inform readers on changing business practices and keep professionals updated on the best new ways to operate. The articles challenge traditional thinking and encourage innovation. Fast Company is a great source of unique ideas that are not found in a typical business paper.

The San Diego Business Journal is incredibly valuable to professionals in San Diego. It analyzes the way in which San Diego's economy works and the changes in the cities business environment. Its articles offer a lot of insight on news and statistics.

All of these sources are available online, making them excellent ways to expand thinking and remain informed whenever you have a few extra minutes.

Making the most of Olin Hall

By Christopher Reyes
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Olin Hall can be an intimidating building the first time you walk into it, but is actually a wonderful environment to learn and find your place. The School of Business Administration offers eight majors and is consistently ranked one of the best business schools in the country. Graduates leave with the confidence and ability to pursue top jobs in the business world. Success takes a lot of effort but many tools are in place to help you along the way.

Students who are new to the business school can expect to take a variety of lower division courses that are outside of their major. Many students feel that these classes are irrelevant and will never be needed outside of the class. Sometimes this is true, but often students find these classes very helpful. After taking these classes many students adjust their majors, realizing they do not like the major they are in or that they prefer a different concentration.

Assistant Dean of the School of Business Administration Carmen Barcena works with students in the Advising Center. "A lot of the time students don't know what they want to study," Barcena said. "Many times they are going to take a course and they're going to find they don't like and that's how they are going to find out if they want to be an accountant or not. It's very hard for most people to know upfront what they want to do." Many

others decide to add minors and others decide they do not belong in the business school at all.

The lower division requirements exist for a reason and are designed to round out each student's education.

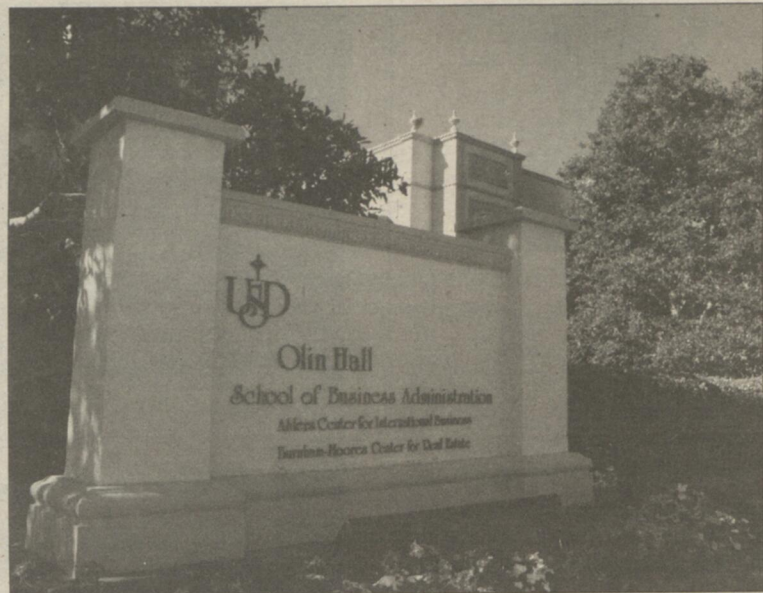
Success in the SBA depends on a few things, one of which is engaging your professors. Most professors have years of professional experience and want to see their students succeed as much as the students themselves. Many teach at USD for the same reason students attend: the small class size. The school brags about its student-faculty ratio of 16:1 for a reason; it makes a difference in a student's learning.

Professors value personal student connections as much as the students and are more than willing to help students individually.

Office hours are not only an opportunity to receive extra help, but also to share the mind of an experienced business person. They can offer great advice on career paths and assist students in their professional development. Not taking advantage of your professors is a big mistake. It cannot hurt to have the professor know your name and know you on a personal level.

Another great tool at the business school is the advising office. One of the best perks of declaring a business major is getting a business-specific adviser. These advisers know the school inside and out.

"Our purpose here is to help the students make the best decisions possible to reach their academic goals," Barcena said. "We help students with choosing



Christopher Reyes/The Vista

classes, choosing majors and minors, and giving advice finding out what they like." They are invaluable when selecting classes, determining majors and minors, as well as for their career guidance. They can also help with resume assistance and finding jobs and internships that will be key after graduation.

Senior business student Bryan Patrick finds the advisers very useful. "Having an adviser in the business school is really helpful," Patrick said. "It's good to know that you have a specific person you can ask questions to. However, I think Olin advisers are underutilized by the business students."

Connect with advisers early in your undergraduate career and the rest of your four years will be a lot easier. It is great knowing someone is available to help when necessary.

Throughout the year the advising office will also schedule events and recruitment opportunities where students can meet top employers. Many students get jobs and internships via the connections they make at these events and those who don't gain valuable experience in conducting themselves in a professional manner. The advising office is key to success in the business school.

Ultimately, all the tools are in place in the School of Business Administration for a student to be successful. For many students they are vital steps towards a rewarding career and fulfilling life after graduation.

"Students go out and get jobs where they can put what they learned to work," Barcena said. "Nothing gives you a more enjoyable life than a good education, a broad education."

How to: the frugal freshman

By Christopher Reyes
BUSINESS EDITOR
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Saving money Win college is hard, especially here at the University of San Diego. It is easy to spend money when you have just set out on your own and your parents are not there to keep an eye on your bank account. Maybe you are saving up for something or just trying to be more frugal. Here are some tips to help you save a little here and there.

1. Get off campus. Going off campus to do your shopping can save you a lot of money. The campus store can be great when you need something in a pinch, but you pay a premium for that convenience. It is nice having a USD logo on your notebook, but if you are trying to save some cash consider buying a generic one. It will do the job just fine. It makes more sense to buy the store brand, especially since you'll be throwing away half the stuff you buy at the end of the year.

The same is true for on-campus dining. You cannot beat the ease and convenience of buying food on campus, but make sure you do not use up your dining dollars too fast.

Stock up on snacks from the grocery store and make sure your dining dollars last through the semester and you won't have to

beg mom and dad for more.

2. Share with friends. This is simple but goes a long way in saving cash. Next time you go shopping bring a group of friends and share the cost of the things you can all use.

A 30 pack of beer/soda is a lot cheaper when it is split among a group. There are plenty of things you can share with roommates rather than everyone buying their own.

Buying school supplies such as pens, notebooks and paper in bulk and sharing them with your roommates can save you a lot.

Split the cost of a printer, closet mirrors, bathroom supplies and anything else you will all be using. A coffee maker is one of the best things to share with your roommates. Brew your own coffee, put it in a travel mug and bring it with you. Aroma's is delicious, but \$6 coffees add up fast.

3. On-campus jobs. On-campus jobs are typically fun, easy, offer flexible schedules and some let you do your homework when you are not busy.

Also, consider becoming a Resident Assistant next year. It will save you quite a bit on room and board and is a great chance to make a difference on campus.

4. Budget. Setting a limit on your spending can make a big difference. Most people do not need to write out a complex monthly budget. Just have an idea

of how much you are comfortable spending each month and try not to exceed it. This will help you determine what you really need and what can wait until the holidays when you can convince your parents to buy it for you.

5. Be smart about textbooks. Buying books can be the worst part of starting a new semester. But, you can make the best of it if you do it right. Renting textbooks online is a great option. Most retailers pay for shipping both ways and are way cheaper than buying.

If you do end up buying your textbooks, buying used textbooks at a discount is the way to go.

For something you may never read, it does not really matter if it is used and the edges

are a little worn.

Look online and do not worry too much if it says it is in poor condition. If it has all the pages, it will work fine. Doing some research to find the cheapest books is well worth the time.

6. Avoid Credit Cards. On average, college students graduate with over \$2000 of credit card debt. Be smart and only buy what you can afford. It is easy to reach for a credit card when making purchases, but deciding not to is typically the best option.

It might hurt having to pass up on certain purchases, but it hurts more getting a credit card bill you can't pay.

Adopting good spending habits is important now and even more so in the future.

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Mistakes made, lessons learned



By Sam Rathe
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I am a senior. Holy smokes. It is crazy how time seems to have passed by without any warning. Eh, whatever. I have had some phenomenal experiences and have met some great people. To say the least, I am super-duper excited to see all of my friends and enjoy senior year.

But, since I am a senior now, I should have already made enough mistakes to where I have learned all the possible lessons one can learn. I should be completely immune to doing anything silly because my past self took one for the team and engaged in enough shenanigans to assure present me would always have a solid base of lessons learned.

For my first column I might as well do some good old-fashioned reflecting. What is the point of making all those mistakes if I am not able to write them down and have a deep inward learning experience? I dare not be so selfish to the point where I cheat myself of that enlightenment.

Let us begin with freshman year: the thing I took away from freshman year was that wine is something you are not supposed to drink a lot of. This was a lesson my past self apparently wanted to stick with me forever because I get slight nausea anytime wine fumes waft through the air into my nose. Lesson learned; thanks past self for being so naïve and thirsty.

Sophomore year was the year of the dreaded studying habits lesson. Past me is one persistent cookie and got the job done despite my worst efforts. Thank goodness I am always looking out for my future self.

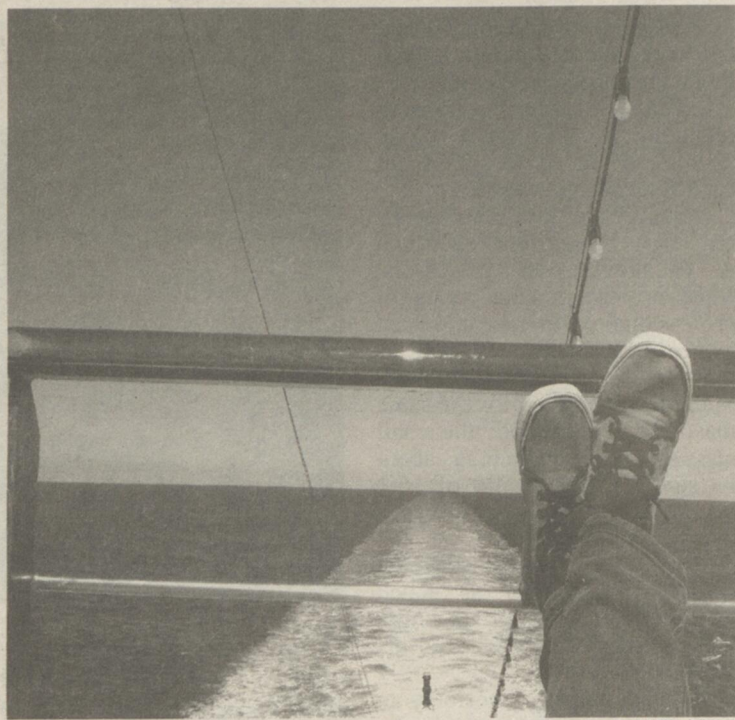
My past self still had some substantial work to do in order to ensure my amount of lessons learned would offset the amount of potential monkey business I could partake in senior year.

Junior me took the tough love route in its lesson instruction by staying up really late and getting up really early. Abroad is when the lesson was mainly taught. Lessons were a few times a week, sometimes extended late into the night, but I still managed to get up and go about my day. Sleep is great, possibly even the best, but I learned I had to make some sacrifices to do all the things I wanted to do and see all the places I wanted to see.

I need to start patting myself on the back so I can later say I have thanked my past self whenever I have a moment of realization. I always try to support myself no matter where I am in time and it seems to be paying off; I have learned so many things.

Freshmen, you are going to make mistakes and regret some things you do throughout your college career. Who cares? Just try to make enough mistakes so that when you are a senior, there aren't any left to make.

Abroad: I triple dog dare you



Sam Rathe / The Vista

By Sam Rathe
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The studying abroad pros and cons are as follows:

Pros: there are no cons other than you have to come back and readjust to normal life.

University of San Diego is rated No. 3 in the nation for undergraduate participation in study abroad. Junior year is the most common year to study abroad during the first or second semester. If you happen to have any junior sightings on campus, consider taking a picture because they are few and far between.

USD also has a special program called Second Year Experience, SYE, that is only for sophomores. SYE gives you an opportunity, during your sophomore year, to take a course abroad during intersession. This is a great chance especially for those whose majors might prohibit, or make very difficult, participating in an abroad program for an entire semester.

It's also possible to go abroad during intersession or

summer junior and senior year. Senior Stephen Hilger studied abroad in Argentina during intersession 2014.

"Even though I wasn't able to [go abroad] a whole semester, it was still worth it," Hilger said. "It was a great way to practice Spanish, which I had been studying."

A big reason I chose to go to USD was because of the school's big push toward studying abroad. Nobody I know who went abroad has ever said anything even remotely negative about their experience.

"Everyone's dream is to see the world," senior Riley Snyder said. "The USD abroad programs offer many destinations that cater to each individual's needs."

Also, do not be afraid to ask some upperclassmen about this. The students who have already gone abroad would love nothing more than to talk about it and tell you how great it was.

"Semester at Sea was the best four months of my entire life," said Snyder. "I had a permanent smile on my face the entire time; by the time I got

back my entire perspective on life had changed."

I was lucky enough to go on Semester at Sea during the fall semester of last year as well. Not only can I describe my time abroad with every synonym of the word "fun," but also I actually learned a lot that I was not necessarily expecting to learn. Another friend of mine who was on SAS with me, Wes Goldman, felt the same.

"You learn a lot about yourself and the world by going unfamiliar places," Goldman said.

I know it is cliché to say and I never understood it when people said it to me, but nonetheless, I'm going to say it: studying abroad will change you in some way. You probably won't realize it until you come back, and the change will differ from person to person, but it is

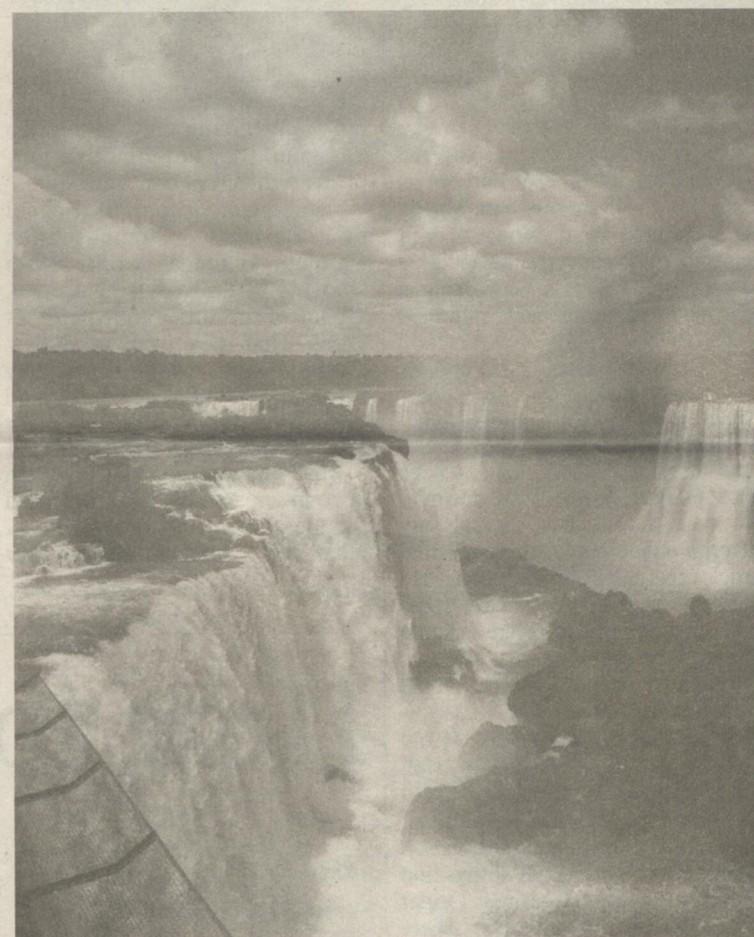
true.

"You learn about the apartheid Monday and then you're in a tribal village Tuesday," senior Elizabeth Campbell said.

This kind of spontaneity is something abroad participants really enjoy and appreciate.

Maybe you will realize a new passion for traveling, maybe you now want to be involved in some sort of international business or maybe you will just have a newfound appreciation for living in America where water is free and you don't have to pay to use the bathroom.

Whatever the case may be, I promise you the pros heavily outweigh the cons when thinking about whether to study abroad or not. At the very least, think about all the cool stories you will have on deck for dates.



Sam Rathe / The Vista

Meal plan break down

By Sam Rathe
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So, you made it through move in day, your parents (or whoever dropped you off) are finally gone and you even made some new friends at orientation. You are sitting high and mighty on your throne of freedom. It just so happens that, as a freshman, this throne comes with a USD meal plan complete with some combination of dining dollars, meal swipes and campus cash, all of which are used via your Torero card.

You are probably asking yourself, "Why are there so many different ways to buy food?!" Well, I do not know the answer to that question. However, I sure can help you understand the difference between all of them, and also where and when they can be used.

Let's start with the meal plan. The meal plan you bought comes

with some amount of dining dollars and meal swipes, depending upon which of the three options you chose. Meal swipes are used at the Student Life Pavilion for dinner and also brunch, which is on Saturday and Sunday until 2 p.m. Dining dollars are used any time of day for buying food, snacks or drinks anywhere on campus. This includes Aromas, Tu Mercado, Bert's Bistro, La Paloma and Mission Cafe, as well as at the SLP during lunch.

Meal swipes can also be used at places other than the SLP during dinner, which are called meal equivalences. For example: if you choose to eat dinner at La Paloma and want to use a meal swipe instead of dining dollars, you just have to tell the person taking your order you would like to use a meal equivalency. These will allow you to buy \$8 worth of food, and any remaining balance will be put onto your dining dollars. This is a great way to add some flair in your life

if you get tired of eating at the SLP every night. Also, meal swipes do not carry over to the next semester so you don't want them going to waste. Dining dollars, however, do.

Basically, you use dining dollars throughout the day until you can use your meal swipes at dinner.

Campus cash is the other way you can buy food. Imagine campus cash as dining dollars on steroids. You can use campus cash for everything you use dining dollars for, but also a bit more. Campus cash can be used for buying things in the bookstore, certain items in Tu Mercado that you are not able to use dining dollars for, including merchandise, non-food items, and printing anywhere on campus.

Additionally, there are some restaurants near USD's campus as well as the beach that accept campus cash. You can go to sandiego.edu and search "campus cash" to see a full list.

Essentially using campus cash is like using a prepaid credit card. In order to get campus cash onto your Torero card, you have to go to the mysandiego portal, enter a credit card number, and then add how ever much campus cash you want on there. I would recommend putting at least a little campus cash onto your card because, at the very least, you'll probably have to print something at some point.

Let's review:
Meal swipes/equivalences: dinner and brunch.

Dining dollars: any food or beverage items on campus anytime.

Campus cash: dining dollars plus printing, bookstore purchases and some restaurants in the area.

And there you have it. You can now sit comfortably atop your mighty freedom throne with full knowledge that you'll be able to successfully use your Torero card to buy anything you desire.

Good luck, and Godspeed.

Congrats! You made it to college. Now what?

A Letter from the Editor to the Class of 2018



By Lauren Vujovich
EDITOR IN CHIEF
@lvujo

Freshman year is an exciting time, filled with new adventures, new faces, new teachers (who now go by professor), a new home and for some even new school colors. It is what you spent all high school working toward. Achieving the good grades so that you could make it into a great college, joining lots of extracurricular activities in order to show schools that you are well rounded. You went to school, you did what you did after school and then you went home. That was it.

Now it is a bit different. You live on campus. For most students, home isn't a 20-minute drive away, but a few hours or even a flight. Your parents are here to drop you off, give you one last hug with a tearful smile and wave goodbye as they drop off 18 years of their life.

It is an exciting, but scary time.

First off, there is the whole having a roommate thing. For most people, the roommate is random and you know absolutely nothing about this person besides the intense Facebook stalking that occurred during the summer in order to decide if they are deemed normal or not.

But here is some advice: just because you are roommates doesn't mean you need to be best friends. At the beginning it looks like everyone is best friends with their roommate. They aren't. They just don't know anyone else yet. Sure, invite them places with you, and be friendly, but don't be heartbroken when you find out that you two aren't as tight as roommates appear on television. That isn't realistic.

Speaking of friends, you probably feel like you don't have too many at the moment. Finding someone to go eat dinner with at the SLP can seem intimidating, but it really isn't. Remember, everyone is in the same boat as you are. Walk down your hall, find an open door and start chatting. You will be surprised at how welcoming everyone is and how eager they are to make friends. Just be open, and be yourself. The friends will come.

Now I know you had your high school mapped out to a tee. Every building, every shortcut, everything. But USD is not high school and who on earth knows where SOLES is because the building that people say it is happens to be called Mother of Rosalie Hill. It's confusing, I know.

Do not be afraid to walk around with your schedule in your hand. Heck, I still do that and I am a senior. Sure, I do get a few laughs from my friends but at least I still make it to class on time. However, if you want to avoid that completely, there are some good tricks. For instance, take a screenshot of your

schedule on your phone and make it your background, then no one will know if you are confused or just texting.

Also, pay attention to the tour your preceptorial gives you. It will save you a lot of time. And don't be afraid to ask them lots of questions; that is what they are there for, so please ask away.

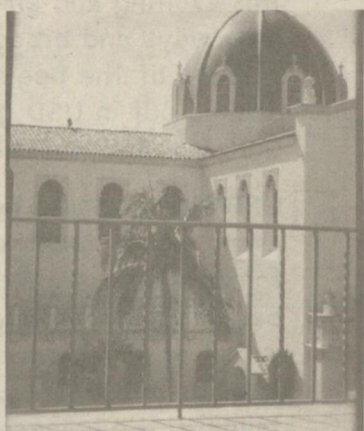
There is also time management, which can be hard for many students. You don't have your parents nagging on you to write that essay, or if you remembered to do that assignment for your psych class. It is all on you. Buy a planner. Use your planner. Write reminders on post-its and put it on your wall. Whatever will work, because you do not want to be pulling all nighters. From what I have heard, they are the worst. Plan and you won't have to ever experience one. It's possible.

Lastly, join some clubs, play intramurals and immerse yourself in USD's campus as much as you can. Freshman year is the easiest time to make lots of friends, so utilize all of the opportunities the school offers. Go to all of the ice cream socials your dorm puts on, sign up for way too many clubs at the Alcala Bazaar (you can always stop showing up if you don't like the club after all) and show some school spirit by attending sporting events.

Take too many risks, and push your comfort zone, because freshman year of college only comes by once. So have fun and be a freshman; by that I mean make mistakes because you only get the "you're a freshman" excuse for one year. Know that it will all work out, and you are about to embark on the craziest four years of your life thus far. Enjoy it. Just remember to give mom and dad a call from time to time.

Roommates: the good, the bad and the ugly

By Sam Rathe
OPINION EDITOR
@samuel_vau



Sam Rathe / The Vista

You do not have to be great friends to be a great roommate. As long as you remember that, your living arrangement will be smooth sailing.

There are infinite possibilities on how you and your roommate(s) will get along. You might become best friends immediately and then find out you actually strongly dislike the person, maybe you will never see each other aside from when you are in the room, or you might fight constantly and see no hope of continuing living together. If the latter is the case, don't worry.

"You can always switch rooms after first semester," senior Alex Karcher said.

In my case, my freshman

roommate Austin Laliberte and I did not get along well at first. However, after Thanksgiving break we suddenly became two peas in a pod and are still living together this year.

"Be open to meet whoever, even if they seem strange at first," Laliberte said.

Whatever the case may be, the most important thing about being a roommate is respecting everyone's personal items and space. Just like any relationship, this includes a lot of give and take from all parties. If your roommate has an 8 a.m. class the next morning, don't have a bunch of people over for a late night video game extravaganza.

Disrupting your roommate's sleep schedule is a good way to end up on their bad side, so be respectful of everyone's "bedtimes."

Similarly, if you have a midterm the next day but you have been constantly keeping your roommate(s) up all night, don't expect them to take you seriously when you ask them to be quiet and let you sleep.

As long as you follow the golden rule and treat others the

way you want to be treated, there shouldn't be any trouble.

Another thing to remember is that if you have an issue with something your roommate is doing, confront them. The problem won't go away by itself, and maybe they aren't even aware that what they are doing is bothering you.

If your plan of action is not taking any action, the problem will only fester and so will your relationship. Trust me, getting along in the room will be to both (or all) of your benefits.

One more piece of advice: make an effort to get to know who you're living with right away if you don't already know them. It is good to still keep in touch with your friends from high school, but put down your phone and be present in your new setting.

You are going to meet some

great people from all over the country, and the relationships you make in your freshman dorm will likely last throughout all four years.

There are a lot of changes you are going to experience freshman year transitioning into college life, and a big one is sharing a room.

Senior Wes Goldman lived in my dorm freshman year and thought that having roommates for the first time was a big learning experience.

"Living with roommates in a dorm environment freshman year pulls you out of your comfort zone and it helps you better understand others and yourself," Goldman said.

This change can turn out to be bad or even ugly, but it is in your power and best interest to make it a good one.

THE VISTA

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FRESHMAN BUCKET LIST

As we welcome in our new freshman class of 2018, the editors at The Vista decided to put together a must-do list for a Torero's freshman year. While there are countless things to do in the beautiful city of San Diego, these are just a few of our favorites from our experiences as freshmen. Whether it is exploring a new area of San Diego or attending an event on campus, these bucket list items will make freshman year one to remember.

DINING

- ☐ **J&T's Thai Food:** Located just down Linda Vista Road, this local eatery is a favorite among USD students. Check out their wide range of dishes from yellow curry to duck soup to chicken pad Thai. Their portions are pretty large so you can definitely take back the leftovers for a delicious lunch the next day.
- ☐ **Better Buzz Coffee:** With a few locations near USD including Mission Beach, Pacific Beach and a kiosk at Fashion Valley Mall just down the road, Better Buzz has a mix of both traditional and new espresso favorites. They even have a drink dubbed "The Best Drink Ever," a traditional Americano with their house made vanilla powder mixed in.
- ☐ **The Olive Cafe:** A long-standing USD favorite, The Olive Cafe or just "The Olive" serves up delicious breakfast and lunch options right in the heart of Mission Beach. The omelets and sandwiches pair great with their in house coffee or fresh-baked scones, and the best part is that you can pay with Campus Cash on your Torero Card.
- ☐ **Stacked:** Check out this fun and interactive restaurant located right down the hill at Fashion Valley Mall. Each table uses an iPad to create custom burgers, salads, pizzas and more. Save room for dessert because Stacked has a wide selection of custom ice cream sandwiches, shakes and sundaes.

EVENTS ON CAMPUS

- ☐ **Alcala Bazaar:** Held both fall and spring semesters on Torero Way in front of the University Center, the annual bazaar is an opportunity to explore all of the clubs, teams and extra-curriculars USD has to offer. There are also local vendors at the event as well, usually handing out free samples and giveaways. Check out this semester's on Sept. 9.
- ☐ **Winter Wonderland:** This annual event is put on by Residence Hall Association, RHA, and Torero Program Board, TPB, and helps relieve any pre-finals stress and is a festive event to get you ready for the holiday season. Usually held the first week in December, the event has traditionally featured activities like cookie decorating, ornament making, and a stuffed animal workshop.
- ☐ **USD vs. Gonzaga Basketball Game:** Whether you are a basketball fan or not, you cannot miss this exciting and energetic night of school spirit, giveaways and bragging rights. TPB gives out t-shirts at the beginning of the game so you are decked out in USD garb and ready to take on the Gonzaga Bulldogs, hailing from Washington state.
- ☐ **USD Homecoming Festival & Concert:** This annual event brings together USD students and their families for a weekend of fun and celebration of the beginning of another great school year. The weekend is full of different events for current students, their families and USD alumni, including a homecoming tailgate, the homecoming football game and a free concert for students. In the past, USD has hosted artists like Imagine Dragons, the White Panda, Eric Hutchinson, Young the Giant and more.

EXPLORE

- ☐ **Hillcrest:** This hidden hotspot is located in the hills above Mission Valley, only about a 10 minute drive from USD. Here you will find funky boutiques and thrift shops, a huge array of dining options and an exciting nightlife. Be sure to check out their offerings for weekend breakfast, San Diegans take their breakfast very seriously and there is no shortage of delectable options to choose from.
- ☐ **La Jolla:** Deemed "the jewel," the town of La Jolla offers everything from kayaking with leopard sharks to five-star restaurants to extensive art galleries and shops. La Jolla is also home to the University Town Center, UTC, a shopping mall that boasts a movie theater, dining options and more. Whether you prefer the great outdoors or some retail therapy, La Jolla provides a variety of options for any adventurous student.
- ☐ **Little Italy:** Located just a short trolley ride away in downtown San Diego, Little Italy is the home to some of the best Italian food you will find in the city. Also, every Saturday from 8 a.m. to 2 p.m., the neighborhood hosts a farmer's market that sells fresh fruit and vegetables, meats, cheeses and other homemade treats. There is also a selection of artisan crafts and gifts for sale that are truly one of a kind treasures.
- ☐ **Ocean Beach/Sunset Cliffs:** If you are looking for the perfect place to take your first San Diego sunset Instagram, look no further than Sunset Cliffs. All kidding aside, Sunset Cliffs near Ocean Beach is truly one of the most spectacular places to watch the sun set into the Pacific Ocean. Try the famous Hodad's for delicious burgers and fries or make a reservation at the OB Noodle House and then make your way over to the cliffs for a perfect nightcap.

STAYING ACTIVE

- ☐ **Paddleboarding in Mission Bay:** Whether you have tried stand up paddle boarding or not, the Mission Bay Aquatic Center is your go-to resource for lessons and rentals for this fun workout. Catch some rays and tone your arms and abs all at the same time while gliding over the calm waters of the bay.
- ☐ **Running trails through Balboa Park:** Although the park is known for its many museums and the world-famous San Diego Zoo, Balboa Park also offers over 65 miles of different trails for running and hiking. There are a range of difficulty levels, scenery and length, but all offer a spectacular look at the park that might have you rethinking that treadmill.
- ☐ **Hiking Torrey Pines:** Take a short drive up the coast and park at the base of the cliffs at Torrey Pines to start this picturesque hike. The moderate hike boasts beautiful views of the Pacific Ocean while winding through the rarest form of pine trees in the country. Stop by the Visitors Center at the top to learn more information about the historic park.
- ☐ **Running through Tecolote Canyon:** Grab a friend (or two) and check out Tecolote Canyon located right next to campus. Access the canyon via a dirt road behind the Valley and on the side of the Jenny Craig Pavillion. Plus, Outdoor Adventures (office located downstairs in the University Center) has groups that run down there on a weekly basis if you want a more scheduled workout.

TOREROS '18



FEATURE

Cultural Differences



By Brittany Carava
FEATURE EDITOR
@brittcarava

Having completed my journey across the pond to Europe and back, I've had a bit of time to reflect on my experiences and all the mixed emotions I had coming back to the United States. experience culture shock in my journey to a foreign country, it is what happened coming back to the states that shocked me as well.

In my four weeks I was able to experience two countries, France and Italy. The romanticized vision I had of Paris was vastly different to the hustle and bustle of a compact metropolis that I found when I arrived. While a lot of the kitschy French things do exist in the tourist areas, it was the little, remote streets with a treasure trove of restaurants and homemade artisan crafts that I truly enjoyed.

In the United States, if your business is not in a prime location for foot traffic there is a very good chance that your business will not succeed. However, in France, somehow these small businesses thrive and cater to the residents of the small neighborhoods found within Paris's 20 districts, called arrondissements.

At the end of my trip, I was able to go to Italy for four days to visit family friends in a small town outside of Venice called Jesolo. Again, what I had expected of Italy was vastly different than what I experienced. The people were warmer and more approachable than the Parisians and I felt much more at home as half of my family is of Italian descent. Something that I noticed during my time in both Italy and France was the amount of time spent on meals. My first full meal in Paris was a three-course, three-hour lunch, which at the time felt extremely long, but after a couple more long meals, I got used to the social time that came with sharing a meal. Instead of everyone being glued to their phones, families and friends engaged in conversation and toasted to their good health and enjoying time with each other.

When I came back home I felt like a foreigner in my own country. Getting onto the freeway was scarier than ever, Costco seemed to be the biggest building I had ever seen and American fried food repulsed me after the fresh produce and preservative-free food that they sold in the grocery store in France.

Although there were things that I didn't enjoy about Europe: the crowded metros, the expensive food in restaurants and the fact that no one seemed to wear deodorant, I felt privileged just to see another side of the world. I think that every college student should experience at least one study abroad trip as the memories made on the trip are lifelong and have the potential to completely change their outlook on life.

Learn the USD Lingo

Throughout your first few weeks at USD, you'll start to hear a wide variety of new acronyms and words that are a part of the USD culture. They may sound a bit strange at first, but never fear, we have created a guide to the USD lingo to help you find your way around campus and the surrounding San Diego area. Soon enough, you will be sounding like a local in no time.

By Brittany Carava
FEATURE EDITOR
@brittcarava

Student Life
Pavillion

SLP

Located on the end of the west end of campus, it provides the main dining on campus, with offices and campus resources upstairs.

UC

Hahn
University
Center

Attached to the SLP, this is where you will find administrative offices, Campus Card services, a US Bank, parking services and more.

Student Life
Involvement
Center

SLIC

(pronounced "slick") Located on the third floor of the SLP, Greek Life offices, along with Torero Program Board (TPB) & Associated Students (AS).

Tu Merc

Tu
Mercado

Located on the second floor of the SLP, the market has fresh made sandwiches, gelato, coffee and snacks, organic produce and frozen selections, along with a selection of sundries.

CHWP

Center for
Health &
Wellness

(pronounced "shwip") This on campus resource is located in the UC downstairs and is a relaxing oasis to study, get some tips on de-stressing, healthy eating and overall student wellness.

Jenny
Craig
Pavillion

JCP

This large building located above the football stadium is home to basketball games, volleyball games and other USD events, along with a student gym.

SOLES

School of
Leadership
& Education
Sciences

Home to both undergraduate and graduate level classes, SOLES also has some fantastic study areas with comfy couches and plenty of space and Bert's Bistro to grab lunch or dinner between classes.

Carmel
Pacific Ridge
Apartments

The
Apartments

Located directly across from USD's main gate, these luxury apartments are a favorite for upperclassmen and graduate students for the convenient location across from campus.

Missions
Dorms &
Apartment

The
Valley

The literal valley below main campus includes Missions A, Missions B, (both freshmen housing areas) San Buenaventura Apartments, San Antonio de Padua Apartments (both upper-classmen housing), and Missions Cafe/Fitness Center.

IPJ

Kroc
Institute of
Peace &
Justice

This spectacular building houses La Paloma (breakfast, lunch and dinner), a theatre, classrooms and behind it a reflection pool and garden looking over beautiful Mission Bay.

Missions
Cafe

Mish
Caf

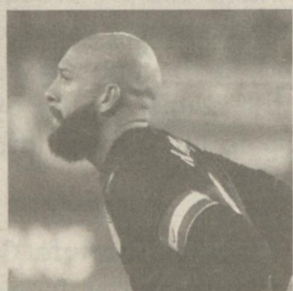
Located on the first floor of the Missions Fitness Center in the valley, Mish Caf offers everything from frozen yogurt to macaroni and cheese if you need a quick bite between study sessions.

PB

Pacific
Beach

Visit the other beach where USD students like to catch some rays, grab an ice cream cookie sandwich from the Baked Bear, or visit some hip boutiques and restaurants.

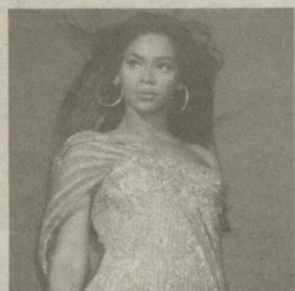
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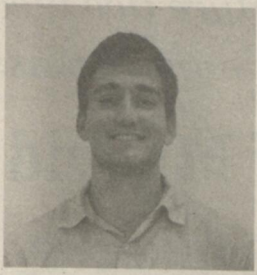
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ARTS & CULTURE

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Move-in
Music

By Kevin Karn
ARTS & CULTURE EDITOR
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Welcome Weekend can be a hectic time. The idea of starting at a new school with new people while moving into a new place can seem overwhelming. Why not beef up the playlist with some music that is sure to generate excitement for the new year? Here are some of this week's Editor's picks.

"Reflections" by Misterwives:

Lead singer Mandy Lee demonstrates her impressive range of vocals on this title track from the band's debut EP "Reflections." With its upbeat tempo and infectious hook, this song will transform your dorm room into the ultimate dance party.

"Paris" by Magic Man:
Displaying an electric combination of synthesized sounds and ethereal vocals, the New England-based band boasts this hit single off of their debut album "Before the Waves."

"Rollercoaster" by Bleachers:

Many of you probably spent this summer listening to the hit single, "I Wanna Get Better," off of the debut album, "Strange Desire." Lead singer Jack Antonoff channels his inner Bruce Springsteen in this modern-day "Dancing in the Dark" that has a refreshing 80's vibe with a dynamite chorus.

"Giants" by Bear Hands:
If you turned on the radio at all this summer, you probably have heard this anthem that skyrocketed the New York band to the top of every chart. Even if you don't know any other word, you will not be able to stop singing the chorus' words, "I am loving you more!"

"Cecilia and the Satellite" by Andrew McMahon in the Wilderness:

One of the most beautifully written songs to be released this summer, former Jack's Mannequin frontman Andrew McMahon dedicates this song to his newborn baby girl, Cecilia.

"Killer Whales" by Smallpools:

An extremely catchy chorus, powerful bridge, and incredible vocals culminate into yet another epic track from the Los Angeles band that seems to have been blessed with the Midas touch. Similar to their hit "Dreaming" this follow-up begs the question, "You weren't around for quite awhile...were you saving all the killer whales?"

"The Wild Life" by Vacationer:

"There's no point to making plans. The Wild Life is human nature!" This song will make you feel like you are on an adventure with your best friends through the forest of a tropical island.

Off-campus eateries: San Diego's finest

By Kevin Karn
ARTS & CULTURE EDITOR
@kkarn7

As you embark on your first year at USD, you will probably find yourself excited about all of the wonderful opportunities to eat on campus. You have likely heard about the amazing breakfast and Mongolian BBQ at La Paloma or had the chance to experience the all-you-can-eat dinner at the SLP. There is no doubt that USD boasts one of the top dining services in the nation and there is a lot to look forward to. However, as most will tell you, San Diego is home to some of the best food you may ever try and so we've compiled a list of places that are considered must-go eateries:

Taco shops anyone?
Must-go: Super Bronco in Linda Vista:

Practically within walking distance of USD, this taco shop has everything you can want and more. Their Super Breakfast Burrito is a staple and a monster of a burrito that can be enjoyed at below \$5, while their options in seafood and shrimp dishes sit second to none. Also, it wouldn't be a SoCal taco shop without the options to chow down some Carne Asada Fries and the famous California Burrito. What sets Super Bronco apart from other local taco shops is the freshness of their ingredients, always ensuring a hot and well mixed dish.

Also try: Nico's Taco Shop, Rolandos Taco Shop.

Where can I get a decent burger around here?

Must-go: Hodads in Ocean

Beach on Newport Avenue:

Featured on Guy Fieri's "Diners, Drive-Ins, and Dives," Hodads is a staple in San Diego. With an impressive array of surfboards and license plates covering the interior, it blends into its Ocean Beach surroundings. However, this glorified surf shack is also home to one of the best burgers in San Diego, serving thick, juicy meat patties topped with anything from blue cheese and bacon to the classic lettuce and tomatoes. It doesn't hurt when you can order hot, crispy, thick potato wedges on the side and quite possibly the largest, most delicious milkshakes you will try to go with your burger.

Also try: Slaters 50/50, Dood's Foods.

Looking for some bomb breakfast?

Must-go: Hash House a Go Go in Hillcrest:

Easily one of the most unique places on the list, Hash House prides itself on one thing: huge, delicious breakfast. It is one thing to have a pancake the size of the plate or French toast the size of a loaf of bread, but it is another thing when that is the best pancake and French toast you have had in your life. Pair those up with their signature hash scrambles and you are looking at a breakfast that will leave you full all day, except it is one of those "I'm so glad I did that" fulls.

Also try: Olive Café, Perry's Café, Snooze.

Got a Thai fix?

Must-go: Sab E Lee in Linda Vista:

If you like Thai food, you

probably already know what you are going to get. If you don't, you probably haven't tried it yet. Both of these places are extremely close to USD and offer phenomenal options in curries and pad Thai. Chicken pad Thai and Panang curry are always some of the favorites. Warning: it is not for the faint of spice.

Also try: J&T's Thai Food in Linda Vista.

Best of the Rest?

Must-go: Carnitas Snack Shack in University Ave:

A true hidden gem, the giant pig statue on the roof marks the spot for this go-to eatery. The unassuming shack appears to be a very modest establishment, but walking around the corner opens up a vast outdoor seating area with great lights and amazing artwork. Oh, and the food is incredible too. The highlight is the "Triple Threat Pork Sandwich" consisting of pork loin, pulled pork and bacon

topped with all of the fixings. Not a fan of pork? Never fear, it also offers other options, from steak and roast beef to turkey and even ceviche.

Must-go: Studio Diner in Kearny Mesa:

Breakfast served all day, incredible homemade dishes, open 24 hours. These are just three of the many reasons that Studio Diner is the go-to diner in San Diego. Everything on the menu is life-changing and the diner makes you feel like you are in your favorite 90's movie while you drink a mouthwatering chocolate malt. A perfect blend of oldies diner and home cooked deliciousness, Studio Diner will leave you satisfied and ready to return.

Must-go: The Baked Bear in Pacific Beach:

Match your favorite kind of baked treat with your choice of ice cream to create decadent homemade desserts at this Torero favorite.



Ivy Guild/The Vista

Head down to The Baked Bear after a night out in Pacific Beach.

Tune town: discover local music venues

By Gwyneth Shoecraft
NEWS EDITOR
@GShoecraft

The University of San Diego has its own happening music scene, with concerts put on by the music department, open mic nights and homecoming concerts presented by the Torero Program Board. If you are looking for some great tunes off-campus, check out these venues listed below. These venues are open to all ages, and most are easily accessible by public transit.

Java Joe's at Artlab Studios in Normal Heights:

During its long stint in Ocean Beach, Java Joe's coffee house helped launch the careers of now famous singer songwriters Jason Mraz and Jewel. Now relocated to Normal Heights, the venue still offers local and up-and-coming acts a chance to shine. Java Joe's

has live music at night Wednesday through Saturday night. If you want to show off your musical skills, there is even an open mic night every Sunday. Sign-ups for open mic are at 6:30 p.m. on Sundays.

To get to Java Joe's, take the Green Line trolley from Old Town to the Fashion Valley Transit Center, then transfer to the 6 bus then the 2 bus to get to Normal Heights.

Lestat's Coffee House in Normal Heights:

Right down the road from Java Joe's is the famous Lestat's coffee house. Lestat's is open 24 hours, and is perfect for grabbing a cup of coffee and a cupcake during all-night finals cramming. After the cramming is done, step into the back room to unwind by listening to live music. This music venue, called Lestat's West, hosts

local and big acts in an intimate setting, and has some of the best acoustics of any San Diego music venue. Lestat's West also holds open mic nights and comedy nights. There is an act up on stage almost every night, so head over to their website to check out who's stopping by.

RIMAC Arena at University of California San Diego in La Jolla:

For big name acts, head up north to UCSD's RIMAC Arena and field. It is student friendly and attracts a lot of big names. Coming up this Saturday, Aug. 30, RIMAC is hosting folk and surfer favorite Jack Johnson. September acts include Rise Against and Foster the People. You can also catch up-and-coming artists on RIMAC's stage.

To get to UCSD, take the 44 bus from USD to Genesee Avenue, then transfer to the 41 then the 30 bus.

SDSU's Viejas Arena:

At our college neighbors to the east, SDSU's Viejas Arena is home to a ton of big concerts. This fall, old school favorites like the Eagles and Fleetwood Mac will be on stage, as well as newer bands like The Black Keys.

Getting to SDSU is easy on the trolley. Take the USD shuttle to Old Town, then hop on the Green Line until you arrive at

SDSU.

Sleep Train Amphitheater in Chula Vista:

One of the largest music venues in San Diego, Sleep Train Amphitheater hosts big artists and festivals. You can buy tickets for close to the stage, or bring a blanket and lounge on the lawn of the outdoor theater. This Saturday, Aug. 30, the amphitheater hosts famous punk bands The Offspring, Bad Religion and Pennywise. In September you can catch a wide variety of acts including Dave Matthews Band, Blake Shelton and the Drake vs. Lil Wayne concert.

To get to the amphitheater, hop on the Green Line trolley heading toward downtown San Diego. Transfer to the Blue Line at 12th and Imperial Avenue, then catch the 905 bus at Isis toward Otay Mesa.

House of Blues in Downtown San Diego:

Showcasing a variety of bands from up and coming acts like Smallpools to established artists like Macklemore, House of Blues is the perfect blend if you want an intimate setting and popular music.

Take the Green Line on the trolley to Santa Fe Depot. Then take the Orange Line to Fifth Avenue to get to the House of Blues to hear your favorite acts.



Ivy Guild/The Vista

ARTS & CULTURE

10

Notes from abroad: Toreros talk travel

So many of our Toreros are studying abroad this semester. Each week we will feature two pieces written by students who are spending this fall overseas. Here are this week's submissions:

Navigating our way through Spain's capital city of Madrid

By Julianna Lyons
and Kate Taylor
CONTRIBUTORS

Spain is so cool. We are studying in Madrid, but the semester doesn't start until Sept. 1, so until next weekend we are on a Travel Seminar across Spain. We have already traveled to Barcelona and Valencia, and tomorrow we head to Cordoba, Granada and Sevilla. Riding on a coach bus for more than four hours is awful, but so far Barcelona and Valencia have been worth it.

We have eaten tapas and gone on tours, exploring some amazing places such as: La Sagrada Familia, a famous religious and architectural staple that was never actually finished, having been under construction for hundreds of years; Park Guell and the mosaics; the beautiful Mediterranean beaches; the Valencia Cathedral, one of the three cathedrals perceived to hold the holy grail. However, because Barcelona and Valencia are far more touristy, we are happy we chose to study in

Madrid.

The Madrid program places you with a host family, and Kate and I live with the best family ever. Our host mom, Conchi, and her parents have been so incredibly warm, loving and welcoming to the two of us and our four other roommates in the apartment. There are three bedrooms and one bathroom for all six of us to share, so it is a little hectic but very fun.

So far my favorite meals have been homemade by our host family. The best was her homemade paella. And putting aside the endless consumption of bread, everywhere we've eaten the food is amazing and we have been lucky enough to try many new and delicious foods. Ham is a staple in the daily diet of Spaniards, but I think we may have gone overboard the first few days and are feeling a little burnt out. So now we have been sticking to other kinds of sandwiches and tapas. They also have a lot of fresh fruit and veggies all over Spain thanks to the many small supermarkets.

The nightlife in Spain has

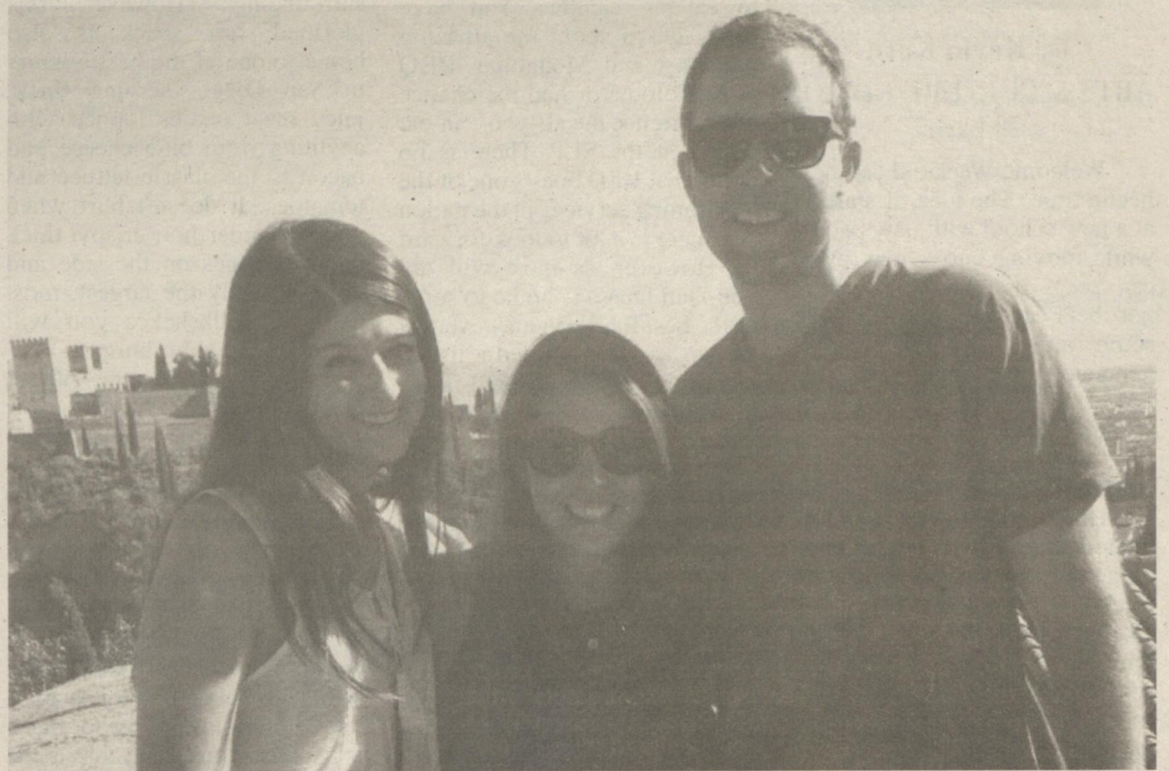


Photo Courtesy of Julianna Lyons
Kate Taylor, Julianna Lyons, and Hank Esser enjoy a beautiful day in Madrid, Spain.

also been a blast. However, Kate and I both agree that these Europeans are wild for being able to stay out past four in the morning every weekend. We had the chance to go to some cool

nightclubs on the beach which, judging by the mass number of people there, seems to be a staple of the Spanish lifestyle. We also went to the famous Icebarcelona which is a bar made completely

of thick ice. They even give you a jacket and gloves to wear. We are early into our travels right now, but we can't wait to head to the next city and then soon enough back to Madrid. Adios!

Exploring paradise down under in beautiful New Zealand

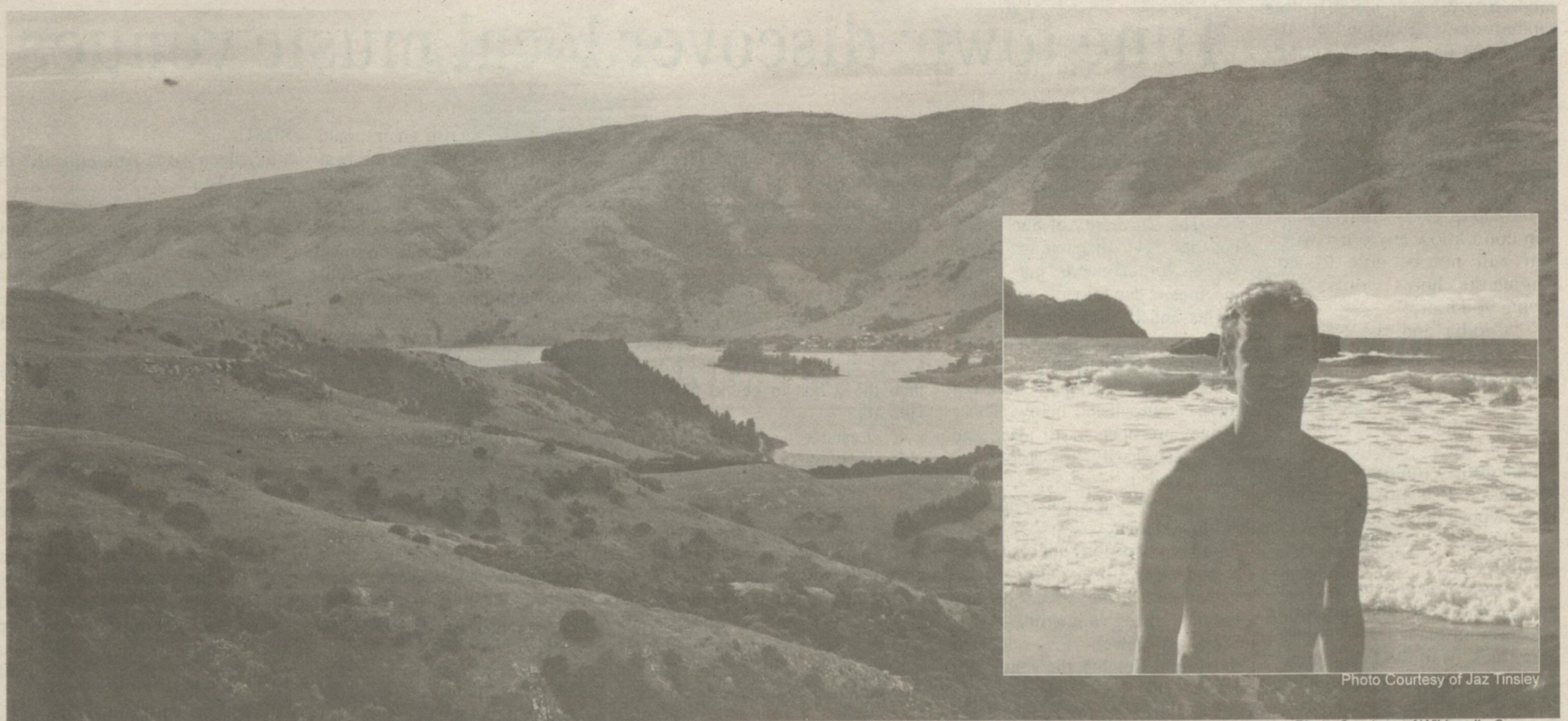


Photo Courtesy of Jaz Tinsley

Photo Courtesy of Wikimedia Commons
Junior Jaz Tinsley enjoys the waves down in New Zealand where he is currently studying abroad.

By Jaz Tinsley
CONTRIBUTOR

There is something kind of inexpressible about sitting in a hot tub on the beach that you dug yourself using geothermal heat from underground, surrounded by a bunch of friends, watching

the sun set over crystal clear wave breaks and mountains that are covered in all kinds of trees and grasses.

It's an overwhelming feeling of happiness and gratitude knowing that you're in a dreamland, where movies were shot and celebrities honeymoon.

That's how it's felt everywhere I've been in New Zealand so far.

From Rotorua, the cultural capital where we learned traditional war cries and dances of the Maori, to Waitomo where we sailed down waterfalls into underground caves and swam in tunnels gleaming with

glowworms. From Cathedral Cove, probably the most beautiful beach in the world where scenes were shot for "The Chronicles of Narnia," to camping on the Bay of Islands, where you make your trails through three-foot-tall grasses and across fields of sheep and

secluded beaches. Everything is amazing. The best part is the friends you make that you can share it all with. I've only been here a couple months and I've already seen, experienced and learned so much. I can't wait to see what the rest of my adventure will offer.

SPORTS

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*We're talkin
 bout playoffs*



By Hunter Jameson
 SPORTS EDITOR
 @HJamo

The college football atmosphere will look a little different this year for those who haven't watched ESPN in the last year. After heavy scrutiny from millions of fans, including myself, the Bowl Championship Series that occurs at the end of the regular season will include a two-game playoff to decide the national champion. There will still be the six BCS bowl games and the national championship, but now two of those games will be worth more than before.

In 2015, the Sugar Bowl and Rose Bowl are the two playoff games leading up to the championship. This new system opens up so many new doors for matchups that football fans have dreamt of for the past five years.

The Oregon Ducks and Alabama Crimson Tide are two teams that I have wanted to see face off since about 2010. Every year, I, and many college football experts, predict that these two teams will be in the national championship. Unfortunately, one of the two always has a heartbreaking loss somewhere throughout the season that dashes our hopes and dreams. However, strength of schedule is such a crucial factor in the top 25 rankings that Oregon and Alabama could lose a game and have a chance to still be ranked in the top five.

With the new playoff system, dream matchups like this might not be destroyed by a loss in week three because they could still climb their way back to the top. On the other side of the spectrum, teams that originally might have a very slim chance of being ranked in the top two at the end of the season are given a shot if they can make the top four. However, strength of schedule is such a strong factor that an undefeated or one-loss team from a mediocre conference will not be in the top ten.

The Fresno State Bulldogs and University of Central Florida Knights were the two teams who made a run at a BCS bowl game, with UCF eventually cracking the top ten and earning a berth in the Fiesta Bowl. The rankings were different, however, as eight teams in the top 15 had at least two losses and were ranked ahead of UCF going into the final week of the regular season.

I don't think that this playoff system will give any "Cinderella" teams a chance to make the Championship. If anything, a team in the Pac-12 or SEC that wasn't highly ranked to begin with has a chance if they go undefeated or end with just one loss. Teams like Ole Miss, USC, Georgia and Arizona State might benefit the most from the playoff system this year.

Needless to say, I am very excited for football season.



Photos Courtesy of USD Athletics

Men's soccer ready for 2014 season

Players hope to improve on last year and win WCC

By Hunter Jameson
 SPORTS EDITOR
 @HJamo

The Torero men's soccer team has been waiting for the start of the 2014 season since December, and it is finally underway. Head coach Seamus McFadden enters his 36th season with USD. Following a season that resulted in just six wins out of 20 games total, the Toreros are ready to turn things around and make a run at the West Coast Conference Championship. Several players saw individual success that resulted in seven Toreros earning postseason West Coast Conference honors.

Connor Brandt, the team leader in both goals and assists a year ago, returns for his senior season. After scoring five goals and contributing six assists in the 2013 season including the game winner against then No. 1 UC Berkeley, Brandt looks to be the team leader on offense and have even more success than last year.

"We've added some new guys to the team, and I think at the least win the conference and get into the NCAA tournament," Brandt said. "One good thing we have is a lot of returners, so there's another year under our belt. We are quite a senior based team so I think we have a lot of experience compared to last year."

The team welcomes two freshmen in forward Patrick McGrath and midfielder Jose Arriola. Arriola is not new to the San Diego area after attending La Jolla Country Day High School. McGrath, however, attended high school at the Munich International School in Germany, but is originally from Newark, Delaware.

The 2014 schedule features many tough opponents that will benefit the Toreros as the season progresses. The non-conference schedule features several NCAA

Tournament teams from last year. Bradley University Braves and the University of New Mexico Lobos both made the tournament and will provide an early test for the USD players.

The Lobos made it to the Final Four last year after losing to the eventual champion Notre Dame Fighting Irish. The biggest challenge on the USD schedule comes at home on Sept. 26 against the UCLA Bruins. The Toreros suffered a heartbreaking overtime loss at UCLA last season, which will definitely be motivation for their matchup this year. Other non-conference opponents include the Cal State Fullerton Titans, Sacramento State Hornets, UC Davis Aggies and UC Irvine Anteaters.

"One of the biggest games for us is going to be the UCLA game. I'm sure there will be a lot of scouts out for that game and I'd imagine that will be our biggest turnout," Brandt said. "They're trying to break the attendance record actually."

In the WCC preseason poll, USD received 27 points, giving them a tie for third place with the University of Portland Pilots. The Loyola Marymount University Lions found themselves atop the preseason standings following a WCC Championship season in 2013. LMU will have to fend off the rest of the conference, especially the Santa Clara Broncos, who were placed second in the preseason poll. The Saint Mary's College Gaels, Gonzaga University Bulldogs, University of San Francisco Dons and University of the Pacific Tigers round out the standings.

Two Toreros made the 2014 All-WCC preseason team: Brandt and junior forward Torrey DeArmas. Brandt earned first team honors last season while DeArmas earned a spot on the All-WCC second team. DeArmas scored four goals last season, including game-winners against

Sacramento State and Portland.

In their first scrimmage of the season, USD defeated cross-town rival San Diego State University Aztecs 2-1 in overtime. Torero Stadium was packed with nearly 900 fans, anxious for the first chance to watch Torero soccer this year. USD was held scoreless for the first 89 minutes, but senior defender Julian Ringhof tied the game at one in the final seconds.

Sophomore midfielder Michael Turner scored the

game-winner in the 92-minute by beautifully bending a corner kick around the front post. This victory should give the Toreros confidence heading into the season. Last year the Aztecs won this scrimmage 5-0, so a USD victory shows that their hard work in the off season is already showing on the field.

USD opens the season at 5 p.m. on Aug. 29 at Torero Stadium as they take on the Buffalo University Bulls.



Photo Courtesy of USD Athletics

Senior midfielder Connor Brandt avoids two St. Mary's Gaels defenders in a game during the 2013 season.

2014 SCHEDULE

8/29 vs. Buffalo	10/5 at Santa Clara
9/1 vs. Cal State Fullerton	10/10 vs LMU
9/5 vs. Sacramento State	10/17 vs. St. Mary's
9/7 at UC Davis	10/19 vs. Pacific
9/12 vs. Bradley	10/31 at Gonzaga
9/14 vs. New Mexico	11/2 at Portland
9/18 at UC Riverside	11/7 vs. Santa Clara
9/21 at UC Irvine	11/9 at San Francisco
9/26 vs. UCLA	11/15 at LMU
10/3 vs. San Francisco	

Volleyball enters season at No. 14 in AVCA poll

Toreros welcome back Brown and Bonomi from Team USA

By Maya Arrieta
COPY EDITOR
@mayaeearrieta

The American Volleyball Coaches Association gave the University of San Diego's volleyball team a nod in its preseason poll, listing the Toreros at No. 14. Fifteen-year head coach Jennifer Petrie said the ranking only makes the team hungrier to get on the court.

"The team has worked hard in the offseason to prepare for another championship run this year," Petrie said. "We are preseason ranked No. 14 in the country and our schedule will provide us a lot of opportunity to improve on the standing. The team is very excited to start competing again and the expectations are very high."

In the past several years under Petrie, USD has become one of the most powerful volleyball programs in the country. The Toreros are coming off a historic season, spending most of 2013 ranked in the top 10 nationally.

The team made its third trip to the Sweet 16 of the NCAA Tournament and brought home the program's ninth West Coast Conference championship. The Toreros knocked off four consecutive top-20 opponents, the most memorable of which was a hard-fought 3-1 win against the No. 1 University of Southern California Trojans in their first home game. After the win, the team was up to No. 2 in the national polls, which is the highest Division I ranking ever received by any team at USD.

San Diego will face the loss

of five seniors from its roster: middle hitters Chloe Ferrari and Katie Hoekman, libero C'era Oliveira, setter Rachel Alvey and outside hitter Taylor Hollins. Despite the many holes to fill in the roster, Petrie believes the Toreros will still have a talented squad this season.

"Over the years we have graduated players and classes that at the time were considered irreplaceable," Petrie said. "We have filled spots, recruited new players and trained hard. This year's team is ready to take on the challenge and improve upon the success of last season."

Two high-powered senior players, middle/outside hitter Alaysia Brown and setter Jianna Bonomi, will both return and will be key players this season. The duo has enjoyed great success both in and out of the Torero uniform, with both being invited to participate in the National Collegiate Team this spring and summer. Brown was also named First Team All-WCC last year, and received AVCA All-American honorable mention.

To round out the talented roster, the Toreros welcome four new freshmen and University of Oregon transfer Canace Finley to this year's roster, and return several talented players, including seniors outside hitter Sandra Lozic and outside/opposite hitter Alexa Banker.

A major key to the team's success is that it is well rounded, with many different players contributing strengths to the overall power of the squad.

"What has made us strong in the past, and will continue to be an asset for us, is the fact that we have a very deep team,"



USD celebrates a victory against BYU during the 2013 season. The Toreros went on to win the WCC championship. Kevin Nelson/The Vista

Petrie said.

San Diego's season kicks off with a road trip, when the team travels to Lafayette, Indiana to face off against the Louisiana State University Tigers on Aug. 29. USD will play three games over the weekend, before returning to the Jenny Craig Pavilion to battle Brown University on Sept. 5. The Toreros have a challenging schedule this fall, with matchups against No. 8 Purdue University, No. 10 University of Florida and conference rival No. 9 Brigham-Young University. Sept. 18 is one of the dates circled on the Toreros' calendar, when they will face No. 3 Stanford University in the USD Invitational.

2014 SCHEDULE

8/29 vs. LSU	9/25 vs. Portland
8/29 vs. Purdue	9/27 vs. Gonzaga
8/30 vs. USF	9/30 at LMU
9/5 vs. Brown	10/2 vs. Santa Clara
9/5 vs. Villanova	10/4 vs. San Francisco
9/6 vs. Northwestern	10/8 vs. Saint Mary's
9/11 vs. Florida	10/11 vs. Pacific
9/12 vs. Texas A&M	10/17 vs. BYU
9/16 at San Diego State	10/23 vs. Pepperdine
9/18 vs. Stanford	10/25 vs. LMU
9/19 vs. Eastern Washington	10/30 at San Francisco
9/19 vs. CS-Northridge	11/1 at Santa Clara

San Diego Padres struggle to find a groove

Petco Park offers "College Night" that USD students enjoy

By Hunter Jameson
SPORTS EDITOR
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The San Diego Padres are currently in third place in the National League West division, behind the San Francisco Giants and Los Angeles Dodgers. The Giants and started off red hot but then cooled down and allowed the Dodgers to take the lead in the division. The Dodgers now have a four-game lead over the Giants with September right around the corner, but both teams have aspirations of making the playoffs with a wild card spot. However, the Padres find themselves in a hole at 12 games behind first place.

A lack of production on offense is what hinders the Padres the most. Out of 32 Major League teams, the Padres rank 30th in runs scored, batting average, on-base percentage and slugging percentage. Left fielder Seth Smith currently leads the team in nearly every offensive category, and has been one of the only consistent hitters all season. He has a .291 batting average, 12 home runs, 104 hits and a .390 on-base percentage. These

statistics are decent, but not excellent, when comparing them to other team leaders throughout the MLB.

The San Diego pitching staff has been outstanding during this season and is the only reason the Padres are not in last place in the division. According to ESPN, the Padres are ranked third overall in team earned run average (ERA) at 3.16, 11th in quality starts, fifth in walks and hits per innings pitched and fifth in batting average against. The Padres pitching staff is one is considered in the top five in all of the MLB.

Starting pitcher Tyson Ross leads the team with 11 wins so far, while holding a 2.68 ERA in 27 starts. Ross's ERA ranks No. 7 in the National League for starting pitchers, proving that he is one of the best in the NL. His overall record is not an accurate way to view his success, because the 11-12 record would be a lot different if the Padre offense had scored more runs during his starts. Since July 1, he has not given up more than three runs in a start, while consistently going at least seven innings. The Padres' strikeout leader is starting pitcher Ian Kennedy with 174.

The MLB wild card race

gives teams that do not win their division a chance to make the playoffs. There are two wild card spots in each league, and the Padres are eight games behind the last playoff spot for the National League, which is held by the Giants.

Although the Padres are in a difficult position to make the postseason, Petco Park is still a beautiful ballpark that offers a variety of entertainment for baseball fans. College Night is popular for students from USD, San Diego State and UC San Diego. All of the students sit together in the right field section for a very fair price. Jace Carlson, a junior at the University of San Diego, has had positive experiences at College Night.

"It was a cool college atmosphere and I really enjoyed meeting new people," Carlson said. "We took the trolley to Petco Park and everyone had a great time."

There are three College Night opportunities coming up on Aug. 27, Sept. 4 and Sept. 18. Tickets are only \$10 for each of these games.

Ultimately, the Padres have potential and if they could make a trade for some offensive weapons

their future is bright. They do not need to change anything about their pitching staff, and the city of

San Diego is something to really pitch when trying to convince free agents to sign a contract.



Petco Park is located in downtown San Diego. The MLB season continues through the end of September. Maya Arrieta/The Vista